

5 Triple K Super Smoothies

PB & Banana



This classic delicious combo gives you extra protein for that extra busy day.

- 1 ½ cups your choice of milk (regular, soy, almond, cashew, etc.)
- 1 tbsp. peanut butter
- 1 tbsp. of Triple K Dark Cocoa Spice protein by Kellie Olver
- 1 banana

Instructions:

Add ingredients to blender. Mix on medium to high speed. Pour into glass. Enjoy.

The perfect start to your morning, this berry-filled treat may become an addiction!

- 2 cups milk of your choice
- 1 tbsp. Triple K Dark Cocoa Spice protein by Kellie Olver
- A handful of raspberries
- A handful of strawberries
- A handful of blueberries
- 1 tbsp. honey (optional)
- A handful of ice

Instructions:

Add ingredients to blender. Mix on medium to high speed. Pour into glass. Enjoy.

Berry Crazy



Very Vanilla Delight



The rich, pure vanilla along with the flavorful spices in the protein powder turn this into a combo made in heaven.

- 1 cup milk of your choice
- ½ cup vanilla yogurt
- 1 tsp. pure vanilla extract
- 1 tbsp. Triple K Dark Cocoa Spice protein by Kellie Olver
- A handful of ice

Instructions:

Add ingredients to blender. Mix on medium to high speed. Pour into glass. Enjoy.

Sometimes, chocolate is enough.

- 1 ½ cups milk of your choice
- 1 tbsp. cocoa powder
- 1 tbsp. Triple K Dark Cocoa Spice protein by Kellie Olver
- 1 – 2 tsp. flaxseed oil
- Sweetener of your choice (optional)

Instructions:

Add ingredients to blender. Mix on medium to high speed. Pour into glass. Enjoy.

Chocolate Indulgence



Morning Pick Me Up



Love your morning coffee, yet don't want to sacrifice nutrition? Try this energizing blend.

- 1 cup milk of your choice
- 1 cup water
- 1 tbsp. Triple K Dark Cocoa Spice protein by Kellie Olver
- 1 - 3 tsp. instant coffee
- A handful of ice

Instructions:

Add ingredients to blender. Mix on medium to high speed. Pour into glass. Enjoy.